

DAY 3~~REGULAR DIET

\*REGULAR PORTIONS

( )

SMALL PORTIONS

( )

LARGE PORTIONS

( )

FRUITS AND JUICES

( )

\*Orange Juice

( )

Cranberry Juice

( )

Tomato Juice

( )

Grape Juice

( )

Apple Juice

( )

Pineapple Juice

( )

Apricot Nectar

( )

Prune Juice

( )

Cranapple Juice

( )

V-8 Juice

CEREALS

( )

\*Zoom

( )

Rice Krispies

( )

Bran Flakes

( )

Shredded Wheat Minis

( )

Cheerios

( )

Wheaties

( )

Cream of Wheat

( )

Malt-O-Meal

( )

½ & ½

( )

Oatmeal

ENTREES

( )

\*Scrambled Eggs

( )

\*Canadian Bacon

( )

Egg Beaters

( )

Cottage Cheese

( )

Peanut Butter

( )

Yogurt W/Fruit

BREAKFAST BREADS

( )

\*Buttered Whole Wheat Toast

( )

Buttered White Toast

( )

Buttered Raisin Toast

( )

Toasted Bagel with Cream Cheese

( )

Toasted English Muffin

( )

Assorted Danish

BEVERAGES/CONDIMENTS

( )

\*Coffee

( )

Hot Chocolate

( )

Decaf Coffee

( )

Creamer

( )

Hot Tea

( )

Non-Dairy Creamer

( )

Herbal Tea

( )

Lemon

( )

Whole Milk

( )

\*Margarine

( )

\*2% Milk

( )

Jelly

( )

Skim Milk

( )

Honey

( )

\*Sugar (2)

( )

Syrup

( )

Mrs. Dash

( )

Sugar Substitute

( )

\*Pepper

( )

\*Salt

DAY 3~~~REGULAR DIET

\*REGULAR PORTIONS

( )

SMALL PORTIONS

( )

LARGE PORTIONS

( )

APPETIZER / SALAD

( )

\*Fresh Spinach Salad

( )

\*Honey Mustard Dressing

( )

Ranch Dressing

( )

French

( )

Thousand Island

( )

Italian Dressing

( )

Honey Raspberry Walnut Vinaigrette Dressing

( )

Boston Clam Chowder with Oyster Crackers

ENTREES / STARCH

( )

\*Roast Pork with Peach Slice

( )

Hot Roast Pork Sandwich

( )

Chicken Salad Sandwich with Lettuce

VEGETABLE / STARCH

( )

\*Broccoli Almondine Rice

( )

\*Green Beans

( )

Spinach

BREADS

( )

\*White Dinner Roll

( )

Whole Wheat Dinner Roll

( )

Wheat Bread

DESSERTS

( )

\*Apple Pie

( )

Vanilla Ice Cream cup

( )

Cream D’ Menthe Sherbet

BEVERAGES / CONDIMENTS

( )

Coffee

( )

Decaf Coffee

( )

Hot Chocolate

( )

Ice Tea

( )

\*Hot Tea

( )

Creamer

( )

Herbal Tea

( )

Non-Dairy Creamer

( )

Whole Milk

( )

Lemon

( )

\*2% Milk

( )

\*Margarine

( )

Skim Milk

( )

Jelly

( )

\*Sugar (2)

( )

Honey

( )

Mrs. Dash

( )

Sugar Substitute

( )

\*Pepper

( )

\*Salt

DAY 3~~~REGULAR DIET

\*REGULAR PORTIONS

( )

SMALL PORTIONS

( )

LARGE PORTIONS

( )

APPETIZER / SALAD

( )

\*Raspberry Jell-O W/Peaches

( )

Tossed Salad

( )

Ranch Dressing

( )

French

( )

Thousand Island

( )

Italian Dressing

( )

Assorted Jell-O Cubes

ENTREES / STARCH

( )

\*Chicken and Dumplings

( )

Pastry Shells Stuffed with Cheese

VEGETABLE

( )

\*Normandy Blend

( )

Peas

BREADS

( )

\*White Dinner Roll

( )

Whole Wheat Dinner Roll

( )

Wheat Bread

DESSERTS

( )

\*Angel Food Cake

( )

Vanilla Ice Cream Cup

( )

Fresh Fruit in Season

BEVERAGES / CONDIMENTS

( )

Coffee

( )

Decaf Coffee

( )

Hot Chocolate

( )

Ice Tea

( )

\*Hot Tea

( )

Creamer

( )

Herbal Tea

( )

Non-Dairy Creamer

( )

Whole Milk

( )

Lemon

( )

\*2% Milk

( )

\*Margarine

( )

Skim Milk

( )

Jelly

( )

\*Sugar (2)

( )

Honey

( )

Mrs. Dash

( )

Sugar Substitute

( )

\*Pepper

( )

\*Salt